



Participate in **ActiveforLIFE**

What is it?

A fun **10-week*** program that encourages people to be more active and eat healthier foods on a regular basis.

Active for Life (AFL) encourages participants to set their own point goals based on how active they are and how active they want to be. Participants keep track of how many points they earn toward their total point goal, and are rewarded for making progress.

Who can participate?

Everyone can participate! Each AFL participant will be asked to join a small team of co-workers (5-12 people per team preferably), led by a team captain who provides support to help them reach their goals.

Why should you participate?

It's fun!

There will be prizes!

Kick start or energize your fitness program!

Get to know your co-workers!

Compete against other national labs – Argonne, Brookhaven, Idaho Falls, Lawrence Livermore, Los Alamos, Pacific Northwest, Sandia-Livermore, Sandia-Albuquerque and Savannah River!

Sign up to be a Team Captain!

Being a team captain is easy and fun! Team captains act as “cheerleaders” for their team and help motivate their team to achieve their goals.

Team Captain Responsibilities include:

- Recruit team members
- Help team set realistic goals
- Coach team members by providing information and encouragement
- Organize team activities
- Distribute promotional materials to team members

Being a team captain does not take up a lot of time. You can spend anywhere from 30 minutes to 5 hours per week supporting your team – it's up to you!

Would like to be a Team Captain?

Contact Loida Bartolome-Mingao
x6997

Interested in Joining a Team?

Contact one of the following Team Captains* nearest you!

Rachel Carl, Misty Tagatac, Paul Barale, Jane Tanamachi, Deb Troxell, Jeanne Gerstle, Olga Poblete, Melanie Sonsteng, Mary Thach, Nancy Lee, Carole Casaretto, Carol Valladao, Rex Malmstrom (JGI), Marian Harris (Donner), Kat Wentworth (Potter), Tina Clarke (JBEI)

** as of 4/20/10, will be updated as more sign-ups occur*

*** 10-WEEK PROGRAM STARTS MONDAY, MAY 3 - ENDS SUNDAY, JULY 11**